

# It's Heart Health at Home Week!

**Physical activity and healthy food choices help build a healthy heart.**

*Here are a few fun ideas to move more together:*

1. Walk as a family.
2. Throw a dance party.
3. Limit screen time.
4. Play with your kids.
5. Make movement a regular part of your day, and have fun!



**Food Hero educators across Oregon are being active this week!**

*Hello, friends!*

We are so excited to celebrate Heart Health at Home Week. We are going to eat either whole-grain cold cereal or oatmeal for breakfast, and be active as a family every day. If you want to see some of our PE at home videos, visit this fun new page: <https://foodhero.org/pe-families>.

*Erin*



Visit [FoodHero.org](https://FoodHero.org) to find low-cost, healthy, tasty and simple recipes!

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